

## SMOKED DUCK WITH WILD RICE RECIPE

Serves 6 as a starter or light lunch



### **Ingredients**

*250g Rice (I like to use a mixture of Wild and Red Camargue rice) – cook & cool*  
*2 Red Onions – peel and cut into wedges*  
*Olive Oil*  
*Halen Mon Sea Salt and Pepper*  
*170g Smoked Duck Breast*  
*2 Fresh Oranges (blood oranges are the best if in season) – peel, de-pith & segmented or sliced*  
*2 Red Belgian Endives – sliced*  
*Fresh Pomegranate Seeds*  
*150g Kale*

### **For the citrus dressing**

*3 tbsp Olive Oil*  
*1 tbsp White Wine Vinegar*  
*1tbsp Balsamic Vinegar*  
*4tbsp Fresh Orange Juice*  
*Halen Mon Sea Salt and Black Pepper*



Drizzle the onion wedges with **Olive Oil** and lightly roast or grill, season with **Halen Môn Sea Salt** and freshly ground black pepper and leave to cool. Remove the skin from the **Smoked Duck Breast**. Score the skin, lightly season and pop under the grill until crispy and then leave to cool.

Slice the **Smoked Duck Breast** very thinly and mix all the dressing ingredients together in a jug.

Finally compile the salad ingredients on a large platter or on individual bowls and drizzle over the dressing before serving.